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Second time's a charm?

Judy Wasylycia-Leis says she will run her mayoral campaign like she's the underdog

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No fury like a woman storm

Study shows people are more likely to flee from male-named hurricanes, but the female ones are deadlier

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I'VE GOT A LOVELY BUNCH OF COCONUTS

AND WATERMELON TOO! BECAUSE NATURAL AND HEALTHY GO HAND IN HAND THIS SUMMER

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Police make arrest in cold case killing

Myrna Letandre.
Winnipeg woman was reported missing in 2006



Myrna Letandre COURTESY RCMP

A joint police squad tasked with solving cold cases of missing and murdered women in Manitoba has arrested a man in the slaying of a woman almost eight years ago.

The arrest has reignited calls for a national inquiry into why almost 1,200 aboriginal women have disappeared and may have met a similar fate.

The remains of Myrna Letandre were found in May 2013 in a Winnipeg rooming house — almost seven years after she was reported missing by her sister.

Investigators with Project Devote, a unit made up of RCMP and Winnipeg police

officers, took Traigo Andretti into custody in British Columbia and charged him with second-degree murder. Police said Monday the 38-year-old, who was convicted in the first-degree murder of his wife in British Columbia in April, was being brought back to Winnipeg to face the charges.

Winnipeg police Supt. Danny Smyth said investigators worked with the Vancouver homicide unit and waited for them to complete their investigation before bringing their

own charges in the Manitoba case.

The RCMP recently released a report estimating there have been 1,181 cases of missing and murdered aboriginal women since 1980. Grand Chief David Harper, who represents Manitoba's northern First Nations, said an arrest in Letandre's case may bring some closure to her family, but there are still hundreds more looking for answers.

"Where else in the world are there over 1,000 women missing?" Harper asked. "We have over 1,000 and still no call for a missing and murdered women national inquiry."

Letandre, who was 37, was originally from Pinaymootang (Fairford) First Nation in Manitoba's Interlake area. Police said she was in a relationship with Andretti, also known as Dylan Harold Grubb, before she vanished. **THE CANADIAN PRESS**



Grand Chief David Harper of the Manitoba Keewatinow Okimakanak speaks after a press conference at RCMP Division D Monday.

JOHN WOODS/THE CANADIAN PRESS



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Linden Woods

Suspect who approached boy sought

Winnipeg police are looking for a suspect after a suspicious man approached a boy in the Linden Woods neighbourhood Sunday morning.

A nine-year-old boy was playing with several other children in a schoolyard in the first 100 block of Prince-mere Road around 10 a.m. when a man in a parked van asked him to get in his vehicle while sliding the rear door open.

The boy ran away and told his parents.

The man is white, 30 to 40 years old with medium-length brown hair. He was wearing a black shirt and driving a blue minivan.

METRO

Westwood

Indecent act on Portage Avenue

Police are looking for a suspect after a man in a car performed an indecent act in front of a woman in Westwood Saturday.

The 23-year-old woman was walking in the 3300 block of Portage Avenue around 1:30 p.m. when an SUV pulled up beside her, blocking her way.

The man in the SUV rolled down his window and performed an indecent act. The man is white, 40 to 50 years old, 170 pounds with short hair, grey at the temples. He was clean-shaven and wearing khaki beige shorts and a grey or black T-shirt.

The suspect's vehicle is a newer-model greyish blue four-door SUV with silver rims. METRO



Judy Wasylycia-Leis arrives at city hall to file her paperwork to once again run for mayor of Winnipeg. BERNICE PONTANILLA/METRO

Wasylycia-Leis enters mayoral race

'People want change.' Mayoral candidate's campaign to include prominent Manitobans



BERNICE PONTANILLA
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It was Winnipeggers' worry over "backroom deals on important projects" such as the fire halls and police headquarters that has spurred Judy Wasylycia-Leis to once again run for mayor.

The former MP, MLA and 2010 mayoral candidate, who filed her papers at city hall on Monday afternoon, said she's putting the lessons she learned four years ago to the test and initiating a vigorous campaign.

"(Residents) really believe that no one is actually listening to them, people I've talked to, neighbours and friends right across the city, want change and I believe I'm the right person to work together with Winnipeggers," said Wasylycia-Leis, who'll be holding her official campaign launch at noon on

Tuesday at Wightman Green park.

Wasylycia-Leis told Metro her campaign team includes prominent Manitobans with different political affiliations, which will be announced in the days to come.

Asked about recent polls that have placed her as the frontrunner, Wasylycia-Leis said they're from a few months ago and she's treating this as "a very competitive race."

"We've got some great candidates in the race. I'm really happy to see so many people interested in muni-

cipal politics and I will run like I'm behind, I will run to present my vision before people and they will make up their minds," she said.

As for a potential rematch with Mayor Sam Katz, who has not yet declared whether he'll run again, Wasylycia-Leis said it doesn't matter to her whether Katz enters the race.

She also said her tax proposal in 2010 and the numerous tax increases Katz introduced over the last three years shows that she was the "actual fiscal conservative in the last election."

Incumbent won't run

Council swan song for Swandel

Coun. Justin Swandel announced on Monday that he won't be seeking re-election in October, leaving a wide open race for his St. Norbert seat.

This puts East India Company owner Sachit Mehra as a frontrunner to replace him. Local activist Louise May has also told Metro Winnipeg she may enter the race.

Swandel is the fourth incumbent to bow out.

METRO

Winnipeg Beach. Zebra mussel infestation quelled

Manitoba says a unique experiment using liquid potash has halted a zebra mussel invasion in one of the province's harbours.

Officials say Winnipeg Beach will be reopened after it was closed two weeks ago. The harbour was one of four sealed off with a silt curtain and pumped with liquid potash until a lethal concentration for the mussels was reached.

The technique has been tried in a closed quarry, but it's believed to be the first

time liquid potash has been used in open water. Scientists who study the mussels say the experiment in Manitoba is a "golden opportunity" to find a way to prevent their proliferation in water bodies around the world.

Rob Nedotiafko, who co-ordinated the treatment for Manitoba Conservation, says all the zebra mussels have been killed at Winnipeg Beach, where they were first found last October.

THE CANADIAN PRESS

**U of W's new plates**

University of Winnipeg president and vice-chancellor Dr. Lloyd Axworthy joins Justice Minister Andrew Swan in showing off the school's new specialty licence plate Monday. The plates, which go on sale June 9, are \$70, with \$30 going toward both scholarships for university athletes and sports programming for inner-city youth. SHANE GIBSON/METRO

Questions mount over deal to save U.S. soldier

A Pentagon investigation concluded in 2010 that Army Sgt. Bowe Bergdahl walked away from his unit, and after an initial flurry of searching the military decided not to exert extraordinary efforts to rescue him, according to a former senior defence official.

Instead, the U.S. government pursued negotiations to get him back over the following five years of his captivity — a track that led to his release over the weekend.

Bergdahl, 28, is hospitalized in Germany as questions mount in the U.S. over the swap that resulted in his freedom in exchange for the release of five detainees who were sent to Qatar from the U.S. prison in Guantanamo, Cuba.

Even in the first hours of Bergdahl's handoff to U.S. special forces in eastern Afghanistan, it was clear this would not be an uncomplicated celebration. Five terrorist suspects also walked free, stirring a debate over whether the exchange would



Sgt. Bowe Bergdahl, in an undated photo, was released after five years of captivity. U.S. ARMY FILE PHOTO

heighten the risk of other Americans being snatched as bargaining chips and whether the released detainees — several senior Taliban figures among them — would find their way back to the fight.

U.S. officials said Sunday that Bergdahl's health and safety appeared in jeopardy, prompting rapid action.

"Had we waited and lost him," said national security adviser Susan Rice, "I don't think anybody would have forgiven the United States

government."

She said he had lost considerable weight and faced an "acute" situation. Yet she also said he appeared to be "in good physical condition."

On Monday, a U.S. military hospital in Germany reported Bergdahl in "stable condition and receiving treatment for conditions requiring hospitalization" after arriving from Afghanistan.

Republicans in the U.S. said the deal for Bergdahl's release could set a troubling precedent. Sen. John McCain said of the Guantanamo detainees who were exchanged for him: "These are the hardest of the hard core."

Tireless campaigners for their son's freedom, Bob and Jani Bergdahl thanked all who were behind the effort to retrieve him.

"You were not left behind," Bob Bergdahl told reporters in Boise, Idaho, as if speaking to his son.

"We are so proud of the way this was carried out."

THE ASSOCIATED PRESS

New Canada Conference. Young people invited to brainstorm Canada's future

In order to celebrate Canada's past, bright young Canadian residents are going to brainstorm our country's future.

On the sesquicentennial of the 1864 Charlottetown Conference — that's 150 years after the conference that laid the groundwork for Canadian Confederation — the New Canada Conference will be held in Charlottetown as a flagship event in P.E.I. in 2014.

Canadians and permanent residents aged 19 to 24 (as of

Sept. 1) are invited to apply to become one of the 100 delegates who will receive an all-expenses paid trip to Charlottetown for the conference, from Aug. 31 to Sept. 3.

There they will participate in a brainstorming session about the future of the country with the help of some yet-to-be announced prominent Canadians.

"The vision of Confederation was first articulated in Prince Edward Island and

Prince Edward Island was the birthplace of Confederation," said Penny Walsh McGuire, the CEO of PEI 2014.

Walsh McGuire said she hopes to be surprised by the ideas from the young people. The application process requires a 150-second video or 400-word essay telling the applicant's story of Canada, and two references.

More details are available at ncc-cnc.ca. JESSICA SMITH CROSS/METRO IN TORONTO



From left, Sisters Anne Leonard, Josephine Badali and Arlita Matte, all members of the Congregation de Notre-Dame, discuss the release of Sister Gilberte Bussiere at a Montreal news conference Monday. GRAHAM HUGHES/THE CANADIAN PRESS

Freed nun called 'happy,' healthy

Missionaries in Cameroon. Canadian, 74, kidnapped with two Italian priests, held since April 5

A Canadian nun who was released after two months in captivity in Cameroon predicted on the weekend she and her two fellow prisoners would soon be set free.

The head of her congregation in Montreal says Gilberte Bussiere told two Italian priests on Saturday they would all be allowed to go.

One day later, that very scenario unfolded and the three abductees were on a

plane heading away from their captors, Josephine Badali, leader of the Congregation de Notre-Dame, told reporters in Montreal on Monday.

The details of their release were still unclear, but Bussiere was in good health and happy to be free, Badali said. And despite the fact the past two months were long and difficult for all involved, the happy ending is what matters, she added.

Bussiere, 74, Gianantonio Allegri and Giampaolo Marta were working as missionaries in Cameroon when they were kidnapped on April 5 from Tchere, in the country's north.

"I spoke to Sister Gilberte this morning and her

voice was strong and she was happy," said Badali, surrounded by fellow congregation members. "She told me she had seen the doctor and, from what we know at the moment, her health is good."

Bussiere, who is originally from Asbestos, Que., was in Yaounde, the capital of Cameroon, and was to meet with President Paul Biya on Monday.

The congregation hopes to have her back in Canada as soon as possible. Bussiere has been a member of the congregation since 1957.

Through Badali, she sent along her thanks for those who supported her and helped free her.

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TRANSIT TUESDAY

Weekly Transit News Update

NEW MILLENNIUM LIBRARY SERVICE CENTRE NOW OPEN

Winnipeg Transit's Millennium Library customer service centre, located at 251 Donald St. (corner of Graham and Donald) is now open. Service hours are Monday to Friday, from 8:30 a.m. to 4:30 p.m.

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Study: Hurricane Glen is scary, but Hurricane Glenda is deadly

What's in a name?
Experiments show people are more likely to flee storms with masculine monikers

People are slightly less likely to flee an oncoming storm with a feminine name than a masculine one, a new study finds.

But hurricanes with feminine names turn out to be deadlier in the United States than their more macho-sounding counterparts, probably because their monikers make people underestimate their danger, the researchers conclude.

In fact, the two deadliest storms to make landfall in the U.S. since 1979, when male names were introduced, were named Katrina and Sandy.

The study, which didn't involve any experts in meteorology or disaster science, was



This 2012 photo shows debris near a house that was damaged by Superstorm Sandy in Brant Beach, N.J. A new study shows that people are less prone to flee hurricanes with feminine names. PATRICK SEMANSKY/THE ASSOCIATED PRESS FILE

published Monday in the Proceedings of the National Academy of Sciences.

In six different experiments, more than 1,000 test subjects told behavioural scientists at the University of Illinois in Champaign that they were slightly more likely to

evacuate from an oncoming storm named Christopher than Christina, Victor than Victoria, Alexander than Alexandra and Danny than Kate. They found female names less frightening.

"People are looking for meaning in any information

that they receive," said study co-author Sharon Shavitt, a professor of marketing. "The name of the storm is providing people with irrelevant information that they actually use."

Shavitt said both men and women rated female storms less scary and they both "are likely to believe that women are milder and less aggressive."

Hurricane and disaster science experts, such as Massachusetts Institute of Technology's Kerry Emanuel, were skeptical at first. Then after more consideration, some — but not all — found merit in the work, noting that it is more about psychology rather than physical science.

But Susan Cutter, director of the University of South Carolina's Hazards and Vulnerability Research Institute, dismissed the idea that female-named storms are deadlier. She considered the study results just coincidence.

THE ASSOCIATED PRESS

Nova Scotia. Social media sites ordered to hand over info to help ID cyberbully

A unique Nova Scotia law aimed at squelching online harassment is being used for the first time to reach beyond Canada's borders to determine the identity of a cyberbully.

The province's CyberScan unit said Monday a Nova Scotia Supreme Court judge issued an order last week under the province's new Cyber-safety Act demanding information from Google, Facebook, Instagram, Pinterest, Snapchat and Canada's BCE Inc.

"It is the first order in Canada for that purpose," said Roger Merrick, the province's director of public safety. "It's groundbreaking for us."

The court order is seeking records that could identify the accused cyberbully, including home addresses, email addresses, user names, given names, account names and IP addresses.

The case involves a young woman in Halifax who has recently received threatening and harassing messages from an unknown person or persons

accused of hacking her social media accounts, Merrick said.

"I can't give you too much information for fear of jeopardizing the investigation," said Merrick, adding that police are also investigating.

The CyberScan unit has yet to hear from any of the companies involved and the process could take months to complete, Merrick said.

He said police routinely issue production orders when seeking information from online sources while investigating criminal matters, including child exploitation cases. If the information sought is found in the United States, police turn to the Treaty on Mutual Legal Assistance to guide them. In this case, the CyberScan unit is relying on civil law procedures.

"This is the first one for us ... (and) there may be a different process," Merrick said, adding there's no guarantee the companies will recognize the court order. "This is a learning process for us, too."

THE CANADIAN PRESS

Sex work. Survey reveals opinion split on key issues of prostitution legality

The results of a federal consultation on prostitution suggest a lack of consensus among people and groups interested in the subject.

A slight majority of those who responded to the Justice Department's month-long online consultation earlier this year felt that purchasing sexual services should be a criminal offence.

However, two-thirds of the more than 31,000 respondents said selling sex

should not be an offence.

About six in every 10 participants said benefiting economically from the prostitution of an adult should be illegal.

The department received comments from 117 organizations, but did not reveal who they were.

Justice Minister Peter MacKay tweeted that the findings would be taken into account in coming legislation on prostitution.

THE CANADIAN PRESS

Massachusetts

Puppy finds itself in the driver's seat, makes a big splash

A German shepherd puppy owned by a Massachusetts man decided to go for a drive — straight into a pond.

John Costello said his 12-week-old puppy, Rosie, was

so excited Sunday after going for a walk that she jumped in his running car, hit the gear stick and shifted into drive, before falling onto the gas pedal and sending the car careening into the water.

A couple of passersby saw the commotion and helped Costello rescue Rosie. Nobody was injured, but Costello says the Dodge Neon is a total loss.

THE ASSOCIATED PRESS

Thailand

Journalists object to cops apparently posing as reporters

Thailand's main press association said Monday it is gravely concerned that undercover police appear to be posing as journalists after a video circulated showing a man with official press ID arresting an anti-coup

protester in the capital.

Police did not return several phone calls seeking comment.

Thailand's ruling military junta has launched a major campaign to suppress dissent since staging a coup on May 22. On Sunday, authorities said about 5,700 soldiers and police were deployed around Bangkok to stop planned anti-coup demonstrations.

THE ASSOCIATED PRESS

Renewed violence

Rogue Libyan general leads war on Islamist militias

Helicopters attacked camps and strongholds of Islamist militias Monday in eastern Libya as part of a nearly three-week offensive by a renegade general, violence that killed at least 18 people and sent civilians fleeing in

panic, authorities said.

Militiamen responded by firing rocket-propelled grenades and anti-aircraft guns at the attacking troops allied with Gen. Khalifa Hifter.

A former Gadhafi-era army chief, Hifter has rallied support from the country's weakened military, its anti-Islamist politicians, tribes and diplomats, vowing to crush Islamist militias. THE ASSOCIATED PRESS

Kidnapped girls

Nigerian gov't bans protests in capital

Nigerian police say they have banned protests in the capital demanding that the government rescues the more than 200 girls still held captive by Boko Haram militants.

Altine Daniel, a spokeswoman for Abuja police, confirmed the ban in a text

message, saying it was "because of security reasons."

A core group that is part of the Bring Back Our Girls campaign has accused the government of sponsoring a new group, known as Release Our Girls, shifting the responsibility of the kidnapping from the government to Boko Haram, the militant group that has killed thousands in its campaign to establish an Islamic state in Nigeria. THE ASSOCIATED PRESS

New search begun in case of girl missing seven years

Portugal. Three-year-old Madeleine McCann vanished from a resort room in 2007

Police investigating the disappearance of Madeleine McCann on Monday cordoned off scrubland near the Portuguese resort where the British girl vanished seven years ago.

Officers placed yellow-and-white police tape around the waste ground, which is larger than a soccer field and covered in bushes and some trees.

Officials have previously said detectives may use excavators, dogs and ground-penetrating radar as they scrutinize the terrain. Police kept watch over the area from an adjacent low hill.

Officials made no immediate comment on Monday's developments. Cases that are under investigation in Portu-

gal are covered by a judicial secrecy law, which forbids the release of information.

The scrubland is about 300 metres from the Praia da Luz resort in southern Portugal where Madeleine vanished from her family's vacation apartment in May 2007, shortly before her fourth birthday. The area was searched in the days following her disappearance.

Authorities in Portugal and Britain said recently they would conduct new searches in coming weeks after reviewing the case file and a new public appeal for information.

Portuguese police closed the case in 2008 because authorities had detected no crime. The public prosecutor's office in Lisbon last year reopened the investigation, saying new leads emerged during the case review though it did not elaborate.

THE ASSOCIATED PRESS



Portuguese and British officials plant markers on the ground inside a cordoned-off area, in Praia da Luz, Lagos, southern Portugal, Monday. FRANCISCO SECO/THE ASSOCIATED PRESS

Missing Madeleine

The search for Madeleine McCann has been called the most public "missing person" case in modern history. However:

- **Judicial secrecy law.** Details of cases under investigation in Portugal may not be released to the public.
- **Portuguese police closed case in 2008.** The public prosecutor reopened it last year citing new leads.
- **British police launched Operation Grange in 2011 to pursue the case, reviewing Portuguese case files.** They compiled a record of sexual assaults on children in the area from 2004 to 2010.

Water cannons disperse anti-rape protesters



Police used water cannons to disperse hundreds of women who were protesting Monday in Lucknow, India, against a rise in violence against women. THE ASSOCIATED PRESS

Police used water cannons Monday to disperse hundreds of women protesting violence against women in the northern Indian state where two teenagers were gang-raped and found hanging from a tree.

The protesters in Lucknow, the capital of Uttar Pradesh state, were demonstrating outside the office of Chief Minister Akhilesh Yadav, demanding that he crack down on rape and other violence against women and girls.

Hundreds of police officers, including female officers, pushed and shoved the protesters before deploying water

cannons to disperse them.

They also demanded that the government curb police indifference, which they said was encouraging attacks against women.

Police in the tiny Uttar Pradesh village of Katra failed to take any action last week when the father of one of the girls reported to police that the two cousins were missing.

Two police officers were fired for dereliction of duty after the girls were found gang-raped and killed.

Yadav has recommended a federal inquiry, but his government has been widely accused

of a lackadaisical approach toward women's safety.

Activists and ordinary people said it was as if nothing had changed in the way the police dealt with rape cases since the December 2012 fatal gang rape of a 23-year-old woman aboard a moving bus in New Delhi, the national capital.

The outcry following that attack led to laws doubling prison terms for rapists to 20 years and criminalizing voyeurism, stalking and the trafficking of women.

The law also makes it a crime for officers to refuse to register cases when com-

plaints are made.

People also are beginning to speak up against violent crimes targeting women, and public protests against police inaction are common.

Records show a rape is committed every 22 minutes in India, though it's considered drastically underreported.

Victims and their families may not report the crime at all due to social stigma, frustration with court delays or harassment by police. And police may be reluctant to register cases in order to keep down crime figures.

THE ASSOCIATED PRESS

An Apple a day keeps the competition away

25th annual software conference. Apple introduces built-in health-management tool for iOS 8 after Samsung rolled out fitness features in Galaxy S5

Apple's Mac operating system is getting a new design and better ways to exchange files, while new features in the software for iPhones and iPads include one for keeping tabs on your health.

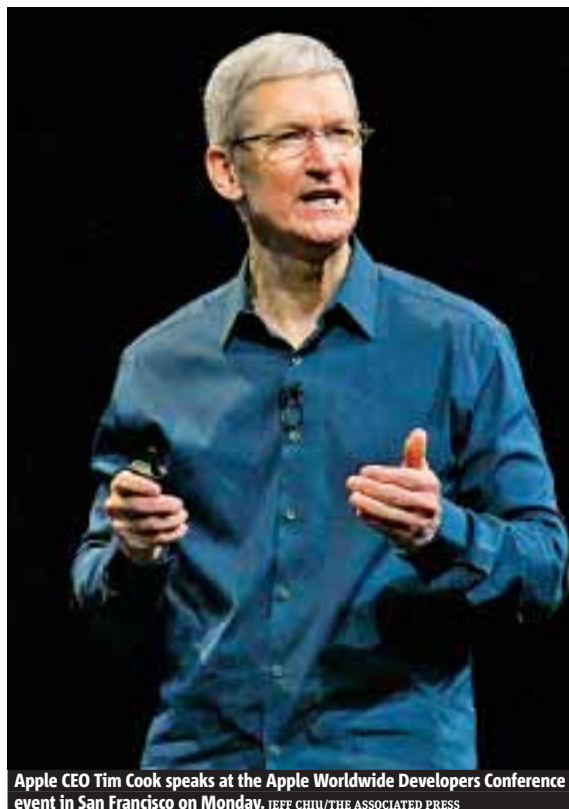
Apple executive Craig Federighi pointed out that data from various fitness-related devices now live in silos, so you can't get a comprehensive picture of your health. That will change, he says, with HealthKit coming to the new mobile software, iOS 8.

Apple is also making it easier for various devices to work together. Macs and mobile gadgets will share more features, and you can share and sync files between the two more easily.

The company is previewing the new features at its 25th annual conference for software developers in San Francisco. The free updates will come this fall, though developers got a test version Monday. Here are the highlights on what's been announced and what's coming:

Changes to Mac computers:
• The next Mac system will be named Yosemite, after the national park, now that Apple is naming it after California locales rather than cats.

• You'll be able to search for content on the computer and on the Internet at once, similar to a feature available with



Apple CEO Tim Cook speaks at the Apple Worldwide Developers Conference event in San Francisco on Monday. JEFF CHIU/THE ASSOCIATED PRESS

Microsoft's Windows 8.

• Apple is expanding its iCloud storage service so that you can store and sync files of any type.

• The Mac's Safari Web browser will have more privacy controls and ways to share links more easily.

Changes to iPhones and iPads:

• Like the new Mac OS, the iOS 8 system will have a universal search tool, to cover both your device and the Internet. It will also get the iCloud Drive

service.

• The new software will sport interactive notifications, so you can respond to a message without having to leave another app. It will have new gestures, such as double tapping to see a list of frequent contacts.

• A "quick type" feature promises predictive typing suggestions, rather than just spelling corrections.

• iOS 8 will have a built-in health-management tool to help people track their vital

signs, diet and sleeping habits. Apple's chief rival, Samsung Electronics Co., incorporated fitness-related features in its latest flagship phone, the Galaxy S5.

Working together

• Although the Mac and iOS systems are separate, Apple CEO Tim Cook says the two have been engineered to work seamlessly together.

• Apple's AirDrop feature, which has let you share files with other devices of the same type, will now let iPhones and Macs share directly with each other.

• A new "handoff" feature will let you switch devices more easily, so you can start writing an email on a phone and finish on a Mac. And when a call comes in on your iPhone, you can get caller ID information on your Mac.

• The iMessage chat service will now let you communicate with devices that aren't running iOS, such as those running the rival Android system from Google.

Announced earlier:

• Last week, Apple announced a deal to pay \$3 billion for Beats Electronics, a headphone and music streaming specialist. The deal brings rapper Dr. Dre and recording impresario Jimmy Iovine to undetermined roles at Apple. During a demo Monday, Federighi placed a call to Dr. Dre to welcome him to Apple.

Coming soon:

• Apple typically announces new iPhones in September and new iPads soon after that. Many analysts also believe the company will release an Internet-connected watch as part of Apple's expansion into wearable technology.

THE ASSOCIATED PRESS

San Francisco. Canadian students win Apple's golden tech ticket

Quoted

"I've always been around and immersed in technology. It's one of my hobbies — one of my only hobbies now to be honest."

Douglas Bumby, Canadian student who won a ticket to the Apple conference

Top programmers who write software for Apple computers, phones and tablets plan their year around attending the company's annual Worldwide Developers Conference in San Francisco.

For 16-year-old Douglas Bumby of Vancouver, making the trip means missing a week of school.

But he got permission to play hooky for a few days after being named by Apple as one of 200 winners of its scholarship program with a free ticket to the five-day event.

Bumby, along with six other Canadians, will get to rub shoulders with other software developers and be among the first to hear about new software enhancements Apple intends to push out.

The important event has become so overbooked in recent years that a lottery system was instituted to distribute passes, which Apple sells for \$1,599 US.

"I'm really excited.... I would like to work at Apple as a software engineer or designer one day," said Bumby as he was making the drive to California with his grandparents.

Bumby and the other winners had to impress Apple by creating an autobiographical app showcasing their skills, previous programming ex-

perience and interests.

Bumby said he probably put 60 or 70 hours into his application over the course of just more than a week and noted that he had already launched an app in Apple's App Store and had two others in the works. He's currently developing a stopwatch app for runners and a collaboration tool for developers and designers.

Bumby credits a Grade 2 computer class with getting him interested in technology and coding. He started learning basic HTML to build websites before moving on a few years later to the C programming language and Objective-C.

"With C and Objective-C I learned everything from YouTube. I spent an entire summer at a computer just watching tutorials; that was pretty much my days," Bumby said.

THE CANADIAN PRESS

Better than a chocolate factory

Apple chose 200 winners to get free tickets to the five-day conference in San Francisco.

• Other than Douglas

Bumby, the Canadian winners include: Martin Bestawros, Jaiten Gill, Indragie Karunaratne, Bruce Li, Jaxon Stevens and Ishan Thukral.



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Market Minute

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Natural gas: \$4.62 US (\$+0.07)
Dow Jones: 16,743.63 (+26.46)

THAT'LL BE THREE LOBSTERS EVEN

On a recent trip to Prince Edward Island, I met a fisherman on his way to see a man about a lobster — three lobsters, in fact. The fresh-caught seafood was his form of payment to a kind neighbour who had recently fixed his computer. I heard similar stories from farmers who trade food among their friends, offering eggs for produce and beef for pork. Intrepid locals from across the region are able to feed themselves without any sort of official cash transaction.

Bartering was once a ubiquitous method of payment used around the globe long before currency was introduced. And while this ancient economic model might seem better suited to rural communities, I think there are plenty of ways urbanites can cash in (so to speak) on the trend by outsourcing their skills outside of the current capitalist system.

Swapsity and similar online communities match users based on needs and desires. Users can barter almost anything —



SHE SAYS
Jessica Napier
metronews.ca

skills, services and stuff — to trade what they have for what they want. It's an appealing idea, turning a few hours of babysitting into a bag full of clothes or swapping a stack of used books for a ride to the airport.

Home Exchange and Couchsurfing offer vacation-specific swapping services for travellers looking for beds in foreign countries. There are even business-to-business trading sites that give emerging and established companies the chance to exchange professional services in the name of business development.

The barter system isn't a perfect economic model. It's hard to evaluate goods and services against one another without a formal pricing model. We currently need to quantify goods and services on a mass scale — a banana is 59

cents, a plane ticket to Europe is \$989 — but when it comes to bartering among individuals, price and value become more relative. Is an hour of babysitting equivalent to an hour of personal

Take that, capitalism

It's an empowering feeling to get what you want and help others without having to bother with any sort of monetary transaction.

training? Perhaps it is to you.

Unfortunately I can't pay off my property tax bill by offering the city a few hours of free landscaping work. There will always be a need for some form of legal tender — whether or not old-fashioned cash and coins become obsolete in favour of bitcoins or another form of electronic currency.

But it's an empowering feeling to get what you want and help others without having to bother with any sort of monetary transaction.

The barter system works because we can play to our strengths and find creative solutions to obtain what we need without spending a cent.

ZOOM

Land of the Rising Sun, after dark



A group of botaru fireflies take flight in a wooded area. "The flight can create a spectacle that seems to come from a fairy-tale world," says photographer Takehito Miyatake. COURTESY TAKEHITO MIYATAKE

Seeing Japan in a new light

It's known as the Land of the Rising Sun, but in these photos, Japan is the land of zipping fireflies, sparkling squid and volcanic lightning.

In his vivid images ranging from the erupting Sakurajima volcano to a forest bathed in the ethereal glow of fireflies in flight, photographer Takehito Miyatake explores the interplay between what he describes as the "light of Japan" and the natural landscape.

METRO

Sparse verse serves as inspiration

Miyatake was inspired by waka, a minimalist style of Japanese poetry that consists of five lines in a 5-7-5-7-7 metre.

"Both waka and photography can express nature concisely. With photography it can be a single image, with waka it is a poem of limited words, but also profound."

His photographs are on display at Steven Kasher Gallery in New York City until June 7.

METRO



Lightning striking at Sakurajima volcano. COURTESY TAKEHITO MIYATAKE

METRO AUGMENTED REALITY

SEE THE NEWS COME ALIVE...



In this issue, you can find AR enhancements on page 8 in Scene, page 13 in Life and page 14 in Sports

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MetroTube

Sk8ter girl lands 540

REBECCA WILLIAMS
readers@metronews.ca

What were you doing at age nine? Maybe you were riding your bike to school or playing road hockey on the weekends. But what you probably weren't doing was landing a 540 on a skateboard half-pipe — a trick where you rotate one-and-a-half times in the air — like this Aussie girl.

After a couple of tough wipeouts, Sabre Norris's reaction to landing her trick is worth every second of this video.



(Via The Berrics/YouTube)

GETTY IMAGES



SCENE 2

DVD review



Lone Survivor

Director. Peter Berg

Stars. Mark Wahlberg,
Taylor Kitsch

Lone Survivor is a serious change for the better for Battleship bomb maker Peter Berg. It's based on the thoughtful memoirs of now-retired Navy SEAL Marcus Luttrell, the sole man left alive out of 20 U.S. soldiers caught in a 2005 firefight in the mountains of Afghanistan's Kunar province. For all of its macho intensity — booming bullets, whirling chopper blades and falling bodies — Lone Survivor isn't just another war movie. We see the conflict from both sides, although the American one gets the most screen time and our immediate sympathies. Mark Wahlberg plays Luttrell, part of a "fire team" quartet of SEALs dropped by helicopter into a mountainous Taliban stronghold. The others are team leader Michael "Murph" Murphy (Taylor Kitsch), gunner's mate Danny "Danny Boy" Dietz (Emile Hirsch) and sonar ace Matthew "Axe" Axelson (Ben Foster). The actors are almost unrecognizable behind scruffy beards but they all deliver the goods.

PETER HOWELL

Robocop

Director. Jose Padilha

Stars. Joel Kinnaman,
Gary Oldman

RoboCop 2014 should by rights be a sleeker ride than Paul Verhoeven's 1987 predecessor, given all the CGI advances since then, yet it clanks where it ought to purr. The essential story remains, pushed to 2028 from the previous mid-1990s setting, but still set in a blighted Detroit. In the almost laugh-free remake, people stand around a lot talking about the ethics of biomechanics, and fussing over family and business matters, rather than just setting RoboCop loose to blast away.

PETER HOWELL

Chef is a little movie with lots of meat



Jon Favreau, right, directs, produces and stars in Chef. CONTRIBUTED

The power of drama.

Director Jon Favreau says this small film packs as much punch as his blockbuster work like Iron Man



RICHARD CROUSE
scene@metronews.ca

The director who used elaborate special effects to make Iron Man soar through the night sky and a spaceship land in the Wild West says, "there is nothing more cinematic and exciting than watching food be prepared."

Jon Favreau, helmer of blockbusters like Iron Man 1 and 2 and Cowboys & Aliens, adds, "Modestly budgeted films like Eat Drink Man Woman or Jiro Dreams of Sushi are as compelling as any big budgeted Hollywood movie."

In his new film Chef (which he wrote, directed, produced and stars in), Favreau plays Carl Casper, a chef set on a new culinary path after an influential food critic gives his restaurant a savage review.

The nugget of inspiration for the movie came two decades ago when Swingers, another film Favreau wrote and starred in, became a hit.

"The Big Night came out the year Swingers did," he says, "and I remember seeing that film and feeling like they had really accomplished so much. With Swingers we had certain modest accomplishments. I was satisfied with it, but Big Night felt like a movie and felt like they had captured something larger."

"Maybe that was in the back of my head for the last 20 years. There was an envy that I had of what they were able to accomplish with the music, the culture, the performances, the food and how delightful it was. So I finally got to make my food movie."

In those 20 years, Favreau

Quoted

"I somewhat envy the filmmakers who can come up with a small story each year because this was the best experience I've ever had."

Jon Favreau on making Chef

has been in the Hollywood trenches as a producer, director, actor and writer and is quick to note the similarities and differences between the story of Chef and his real-life work in the movie business.

"The archetypes of the players on the stage in the food world and the movie world are very similar," he says.

"The stakes are a bit higher in the food world, which is why it is dramatically appealing. One bad review can shut you down. Right now, the way reviews work in movies is that you're reading 90 reviews. It's all on Rotten Tomatoes, a compilation of numbers and you don't really have that personal relationship with a specific critic as you do in the theatre world or the food world. In the

food world you are eye-to-eye with that critic and you are eye-to-eye with the customer and when that food gets sent back to the kitchen you are looking at that plate. It's a lot different."

Favreau's next film is a live-action remake of The Jungle Book, but he says he'll likely flip-flop between big- and small-budget films in future.

"If I knew I could come up with a small story that I'd be excited about, next year I'd do this again but honestly, it hasn't been since Swingers that I've been able to sit down and write something so fully formed so quickly."

"I somewhat envy the filmmakers who can come up with a small story each year because this was the best experience I've ever had."

The older Python hasn't lost its bite

'Rude songs and rude dancing.' Eric Idle vows surprises at Monty Python reunion

Everybody expects the Spanish Inquisition. And as with all things Monty Python, fans need to expect the unexpected, too.

Next month the surviving Monty Python members reunite onstage for the first time in almost 35 years — and, they say, the last time ever.

Fans understandably want to see the anarchic comedy troupe's classic skits. They're hoping for Spam, lumberjacks, dead parrots and of course the red-robed cardinals who burst in to proclaim: "Nobody expects the Spanish Inquisition!"

Troupe member Eric Idle assures fans they will get the old favourites — but they are also in for surprises.

"I've got one or two up my sleeve that will absolutely freak people out," said Idle, who has taken the lead on assembling the 10 performances at London's O2 Arena.

The Monty Python Live (mostly) shows will take place between July 1 and July 20, with the final performance beamed live into movie theatres worldwide.

Tickets for the screenings were going on sale Monday.

"It's not five old guys on a stage doing old sketches," Idle said of the show, which has a budget of \$3.5 million. He spoke by phone to The Associated Press from Seattle.

The 15,000-seat stadium will be filled with the help of a live orchestra, film footage, special effects and Terry Gilliam's surreal animation.

There will be plenty of "rude songs and rude dancing" from an ensemble of 20 singers and dancers — the approach Idle adopted during his performance at the 2012 Olympics closing ceremony.

"Who wants to look at a bunch of old guys? Put some attractive young people onstage," said Idle, at 71 the youngest of the group. "That's my Broadway background. It's what I learned from Spamalot."

The sixth member of Monty Python, Graham Chapman, died of cancer in 1989 but will be present in recorded form. Carol Cleveland, who



The surviving members of Monty Python, from left, Michael Palin, Eric Idle, Terry Jones, Terry Gilliam and John Cleese are reuniting in July for a series of stage shows in London. The final show will be beamed into movie theatres worldwide. MATT DUNHAM/THE ASSOCIATED PRESS

appeared regularly on the Pythons' 1970s TV show, will also take part.

"It's a revue — 'Deja Re- vue,' as I call it," Idle said.

"What I've tried to do is make a sort of necklace — and we'll be the jewels. I've tried to make (each of the elements) segue into each other like the old Python shows used to do."

Idle began by asking Gilliam, Michael Palin, John Cleese and Terry Jones for their favourite Python nuggets. "I've tried to do things we've never done onstage as well," he said.

"Python has always tried to push the expectation level, and just be a little bit more than they could possibly hope for. I think that's one of its secrets — it's always been, 'Well this will really surprise them.'"

Idle says he's looking forward to the live transmission's potential for chaos.

"You don't normally have that opportunity to dry and

be embarrassing and hopeless onscreen."

Idle said the atmosphere among the five group members was "delightful" — though Gilliam, now a film and opera director, branded the reunion "depressing" in a recent British newspaper interview.

"I think he's the most insecure about being in it," Idle said. "He isn't really a comedian. But of course his animations are staggering, and at 80 feet wide they look great."

The five comedians have had their disagreements over the years — but, crucially, they still make one another laugh.

"I think everybody is much mellowed, and happy," Idle said. "People are very funny about each other. And sometimes people think we are attacking each other, but it actually is not that. It's permission to say anything, which is lovely."

THE ASSOCIATED PRESS

Inquisition to extradition?

With just under a month until the July 1 kickoff, Idle has one gripe.

- It's about the Royal Canadian Mounted Police, whose scarlet tunics are essential to a famous skit featuring a singing, cross-dressing lumberjack.

- "The Mounties have seized all Mountie uniforms throughout the world, so you can't get them anymore," Idle said. "But we're not going to be stopped from doing The Lumberjack Song no matter what they do. So we may be up for extradition."

ENDLESS

Enchantment

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Sandra's snagged herself a superhero

MELINDA TAUB
Metro World News

I don't know why I feel protective of Sandra Bullock. She's doing fine. She's very wealthy and famous. She makes hit movies where she plays astronauts and cops. She is still incredibly beautiful. If anything, she should feel protective of me, since I have none of those things (well, I am a stone cold fox). Still, I'm solidly in her corner, which is why I am so glad to hear that she might be dating Chris "Captain



America" Evans. Sandy has earned herself a hunk. The Gravity star and

Evans have reportedly begun seeing each other, though nothing serious is going on yet.

"They are not in a relationship, but they are definitely hanging out and are in the early getting-to-know-each-other phase," a source told E! News. "They haven't put a title on it, but they really like each other."

Evans and Bullock have been spotted dining together with friends several times this spring. The relationship would be a dream come true for Evans, who is 17 years Bullock's junior and says he had a big poster of Speed-era Sandra on his wall growing up.

Aww.

True love means dating someone you were obsessed with as a child.

It's over, it's over, or is it far from over? Drake and Rihanna call it quits again

It's apparently over again for Rihanna and Drake — at least as long as she wants it to be. "She gave him his marching orders and he's destroyed," a source says, according to Star magazine. "Drake was ready to walk away for good after Rihanna dropped him, but she has this power over him. All she needs to do is snap her fingers and he'll go running back to her. Drake is

convinced that Rihanna has self-esteem issues and is pushing him away because she doesn't believe in or trust true love, which isn't surprising after the crazy stuff that happened with her and Chris (Brown). All of Drake's crew wish he'd forget about her and move on, but he's hooked — no matter how upset, hurt and angry he is with her right now."

Twitter



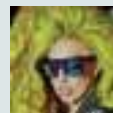
@carriefisher

For those of U still calling me "miss fisher" - Formality no longer seems appropriate. From now on, please try 2 refer to me as "Buck" or...?



@TheRock

430am. Back training. Highly intense & very nauseous. Never felt better.



@ladygaga

I could listen to Bruce Springsteen for the rest of my life. I think I will.

Thieves plunder Miley's property

If anyone tries to sell you a white 2014 Maserati for cheap this week, think twice about taking the deal: Just such a car was stolen from Miley Cyrus' house this weekend. The LAPD are investigating a break-in at Miley's house on Saturday night. The singer was out of the country on tour, but her assistant noted that something seemed off about the house when she arrived on Sunday morning and called the cops, according to TMZ. One thing that was certainly off: Miley's car was gone. Thieves made off with the 2014 white Maserati Quattroporte, reportedly valued at \$102,000, as well as some of Miley's jewelry. There was no sign of forced entry, but police say the suspects, a man and woman, scaled a fence and gained entry to Miley's garage.

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Keeping it au naturel

The Canadian Health Food Association (CHFA) has rounded up the most popular natural developments for the summer season from natural health retailers, suppliers and health experts. CHFA holistic nutritionist Michelle Book breaks down the Top 4.

IZABELA SZYDLO life@metronews.ca

Natural hydration

Three waters are making waves to help you stay hydrated this summer. The first is maple water, a new, trendy drink filled with minerals such as potassium, calcium, magnesium and manganese. Bonus? It's local! Then there's coconut water, an especially popular choice considered nature's "natural sports drink." Its sweet and nutty taste keeps thirst at bay, and it's high in potassium and electrolytes, and contains no artificial colours or sweeteners. Lastly there's Kombucha, another trendy drink. Found at your local health-food store, it is produced by fermenting black tea using a symbiotic colony of bacteria and yeast. Not only is it thirst quenching, it supports kidney and liver function. Although all these drinks do contain sugar, they have significantly less than many of the sports drinks, juices and sodas that tend to be so popular during the summer.



Natural skin care

When choosing sunscreen, I recommend a mineral-based one, which contains zinc oxide and titanium dioxide. Mineral-based sunscreens help to shield your skin by lying on the surface of the skin and reflecting potentially damaging UVA and UVB rays. There are many options that are also biodegradable and reef safe. Aloe vera is my go-to for soothing skin that has been in the sun. It can help to reduce the pain and irritation, and help to heal the delicate layers of your skin. When a sunburn does occur, more water is sent to the skin, so it's important to lock in that water with a good moisturizer to avoid dehydration. Don't confuse aloe with coconut oil, which is also a moisturizer that is seeing more attention this summer and is a great option to add to your summer skin-care regime.



Label literacy

More Canadians are demanding simple labelling. Common labels to look for are the Canadian Organic Symbol, GMO-free and fair trade. For the first, all foods with 95 per cent or more organic ingredients will have this logo on the package. Whenever possible, I recommend opting for organic. You are not only

investing in your health, but also supporting sustainable environmentally friendly practices and animal welfare. GMO-free means the product does not contain any genetically modified organisms. While the debate surrounding GMO food continues, if this is of concern to you, I recommend going organic to ensure what you are eating has not been genetically modified. Fair trade has been created to achieve better trading conditions and to promote sustainable development. Products that are classified as fair trade have been produced to support greater equity by offering improved trading conditions and respecting the producers, who are often from developing countries.



Superfoods

Health experts are buzzing about watermelon and coconut. Watermelon is extremely hydrating and provides a lot of important minerals. It's a great source of lycopene, which is a potent antioxidant pigment with a growing list of benefits from prostate health to skin care. Coconut also continues to be all the rage this summer. It is being

used in so many different and tasty ways — from ice cream to chips to coconut soy sauce. I personally love coconut chips, made from roasted slices of coconut. They can also be used as a topper to give your fresh summer salad a bit of extra crunch and flavour. Watermelon is always my go-to summer snack when it gets really hot. I keep it cut up in the fridge or I throw it into the blender with some ice and coconut water to make a 'slurpee.' Finally, seaweed snacks are great because they have no artificial colours or preservatives, and are virtually fat-free.

Do Canadians care about nutrition?

More Canadians think they're doing well when it comes to nutrition, according to a new study by the Canadian Foundation for Dietetic Research and Dietitians of Canada.

Tracking Nutrition Trends 2013 found that almost 80 per cent of Canadians consider their eating habits and health to be good to excellent, slightly higher than the results found in the previous survey in 2008. Despite this, fewer than two-thirds of Canadians report eating breakfast, though it was slightly higher at 63 per cent in 2013 compared with 58 per

cent in 2008.

"I think we can take that and say there's room for improvement, there's room for action and there's a need to communicate what are the simple solutions that Canadians can put into place," said Kate Comeau, registered dietitian and a spokesperson for Dietitians of Canada.

Canadians seem to be embracing the idea that adopting good eating habits and lifestyle can contribute to better health, Comeau said. The survey found 92 per cent of Canadians had done something to improve or

change their eating or drinking habits over the past year, with the top three being eating more fruits or vegetables, reducing salt/sodium and reducing sugar.

"I think that the message about sugar and sodium, those are two that have been coming out fairly often in the media and I think people are listening. They're simple things that people can be doing to continue on that path, things like satisfying your thirst with water to reduce your sugar intake," she said. "Sometimes we feel as dietitians that that

message is getting tired and people must be thinking we're broken records always talking about vegetables and fruits, but it really is so important," Comeau added.

The survey, which has been done eight times since 1989, showed 91 per cent of Canadians said taste is the No. 1 influence for food. "It is important to think about ways to boost flavour without necessarily adding in the sugar, salt and fat," said Comeau, suggesting using fresh herbs, spice blends, lemon or lime juice and balsamic vinegar. **THE CANADIAN PRESS**



Kate Comeau, a registered dietitian, says it is encouraging that two-thirds of Canadians are getting information from food product labels. GILLES COMEAU / THE CANADIAN PRESS

3
LIFE

I spy with my healthy eyes

Lifestyle choices.

There are many things that affect eyesight

Get moving

Exercise can lower pressure in the eye when you have glaucoma. If you've been diagnosed with glaucoma, exercise can keep it from worsening. So the next time the sun is out, go for a run in the park (and don't forget to wear sunglasses!).

Eye candy

Green leafy veggies like kale, collard and mustard greens, and spinach are good for the eyes because they contain lutein, which studies indicate can prevent the progression of macular degeneration.

Don't smoke

Smoking increases the risk and accelerates the development of cataracts, macular degeneration and optic nerve damage.

Chill out

Stress reduction is important because stress contributes to



Exercise can actually keep glaucoma from getting worse. NEWS CANADA

the onset of eye conditions. Try to spend 15 minutes a day in a stress-reducing activity like going for a walk or pursuing a relaxing hobby like reading or a friendly game of cards. The goal is to reduce blood pressure, which, in turn, lowers eye pressure.

Step on the scale

People who are severely overweight or obese are at risk for developing Type 2 diabetes, which can lead to diabetic retinopathy (damage to the retina caused by complication of diabetes). Manage your weight through exercise

and eating well.

"Eyes are precious and the importance of sight is often not realized until it's lost," says Dr. Tanya Dillon, a doctor of optometry. "Getting an eye exam is the first step to protecting your eye health." NEWS CANADA

Myths

Do you know the truth about your eyes?

Can sitting too close to the TV really make you go blind? Do carrots actually help you see in the dark?

If you're like most of us, you may not know the answers to some of the most popular eye health questions, which is why Canadian doctors of optometry are here to help you see through the misconceptions.

Wearing the wrong eye-glasses is bad for your eyes.

The facts: Wearing someone else's glasses or not wearing glasses at all won't harm your eyes. But wearing your correct prescription will give you optimal vision.

Carrots help you see in the dark.

The facts: Carrots contain vitamin A, a nutrient your

eyes need to function properly. But eating a lot of them will not improve your eyesight.

Contacts are the same prescription as your eye glasses.

The facts: In most cases, they are different, so be sure to book an eye exam with your doctor of optometry to confirm what's right for you.

Staring at computer screens is bad for your eyes.

The facts: Sitting in front of a computer monitor will not damage your eyes but can strain them. For every 20 minutes of screen time, take a 20-second break.

If you wear glasses or contacts, your eyes will become dependent on them, and your vision will get worse.

The facts: Wearing glasses or contact lenses doesn't weaken your eyesight. Aging, injury, eye disease and other genetic factors do. NEWS CANADA

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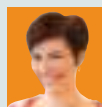


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Everything is coming up sprouts

Health Solutions

All hail the arrival of burger season



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

I could spend a few hundred words scaring you off ground meats or share how carcinogenic the charred proteins are.

But why bother? We will both be enjoying a few burgers regardless.

The trick is to minimize the damage and maximize the pleasure.

Do this:

- Always use a meat thermometer on ground meats. Insert it horizontally and check a couple of spots in the thickest part of the burger.
- Chicken, beef and salmon all need to be fully cooked to well done. One small speck of E. coli or salmonella can cause tremendous illness.
- Use moist and nutritious toppings to enhance flavour and juiciness.
- Some gourmet ingredients can up your game: ricotta cheese, blue cheeses, pesto sauce, a

variety of mustards, fresh vegetables, baby lettuces and sprouts all add a burst of taste

- Go beyond the bun! Paleo-friendly lettuce, kale or nappa cabbage leaves make great bases. If you do choose bread, keep the burger-to-bun ratio in line and don't be afraid of different grains and alternative flavours.

Practise safe barbecuing!



THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDIN-FOOD.COM



This recipe serves four. THERESA ALBERT

Ingredients

- 4 chicken burgers
- 1 cup ricotta cheese
- 3 tbsp pesto sauce
- 4 ciabatta buns
- 1 cup pea sprouts or mixed sprouts
- Grainy mustard

Whether you make your burgers at home or choose a pre-made or frozen product, you don't have to go home. Gourmet toppings will heighten the taste and elevate the experience. Making sure that you add ingredients that boost moisture and flavour is easy with this recipe.

Mixing pesto sauce with ri-

cotta cheese also makes a dip.

1. Fire up the grill and cook burgers thoroughly while you mix ricotta cheese and pesto sauce together.

2. Spread on both top and bottom of buns and add a big dollop to each burger once cooked.

FLASH FOOD



From your fridge to your table in 30 minutes or less

Salad straight from Old MacDonald's farm



This recipe serves four. FIONN MACCOOL'S

No one will be able to resist this hearty salad made with roasted Yukon Gold potatoes, grilled red onion, and spinach tossed in a honey mustard vinaigrette and topped with bacon, green onions, and a hard-boiled egg.

If your diners like meat with their vegetables be sure to add strips of grilled chicken breast or flat iron steak.

1. Toss potato wedges in a stainless steel bowl with oil and a few pinches of salt and pepper.

2. Transfer wedges to roasting pan and roast in 425 F de-

gree oven until golden brown, approx. 20 minutes.

3. Using same bowl, toss onion quarters in oil until evenly coated. Place quarters on a hot grill and cook until charred evenly on all sides. Spread petals apart to ensure even grilling. Onions are done when they smell sweet and have softened.

4. Toss baby spinach with honey mustard dressing, bacon bits and grilled onion. Place in serving bowl.

5. Top with potato wedges, hardboiled eggs and green on-

ion. Serve immediately. **CHEF BRYAN JUREK OF FIONN MACCOOL'S**

Ingredients

- 2 Yukon Gold potatoes, each cut into 8 wedges
- 1 tsp (5 ml) canola oil
- Salt and pepper
- 1 red onion, peeled, quartered
- 5 cups (1.25 litres) baby spinach
- 4 tbsp (60 ml) honey mustard dressing
- 6 slices bacon, cooked, finely chopped
- 4 eggs, hard boiled, quartered
- 1 bunch green onions, sliced thinly

Back pain or not, Nadal owns Paris

French Open. Rafa wins 32nd straight match at clay Grand Slam

Maybe, just maybe, Rafael Nadal was a tad vulnerable, the thinking went before this French Open.

He had lost three times on his beloved red clay already this year, more defeats than he ever had on the surface before heading to Roland Garros.

Then came an admission, after the Grand Slam tournament's third round, that his back was bothering him and slowing his serves.

Well, leave it to the eight-time French Open champion's upcoming quarter-final opponent — 2013 runner-up David Ferrer, one of the men who beat Nadal on clay this spring — to set the record straight.

"Rafael," Ferrer said, "is always the favourite."

Nadal certainly looked the part in the fourth round Monday, when he won 18 points in a row during one stretch en route to beating 83rd-ranked Dusan Lajovic of Serbia 6-1, 6-2, 6-1 for a record 32nd consecutive victory at the French Open. That broke Nadal's own mark of 31 and moved him a step closer to a fifth straight title in Paris.

The No. 1-ranked Nadal, now 63-1 for his career at the tournament, has won all 12 sets he's played in Paris in 2014, dropping a total of 23 games. He was asked whether he would have preferred a more taxing encounter by now.



Spain's Rafael Nadal returns during his third-round match of the French Open against Argentina's Leonardo Mayer in Paris on Saturday. Nadal now has a record 32 consecutive victories at Roland Garros. MICHEL EULER/THE ASSOCIATED PRESS

A show of respect

"I hope (to) instil some doubts in Rafa's mind. But if we play at our best level, both of us, he will be a better player."

David Ferrer on meeting Rafael Nadal in the French Open's quarter-final.

"You never know what's better," replied Nadal. "But, in theory, the theory says that it's better (to) win like this than win longer matches."

And his back? The one that flummoxed him during a loss in the Australian Open final in January, and then acted up Saturday, leading to an average

first serve of 165 km/h and top speed of 184 km/h? It didn't appear to be as much of an issue against Lajovic: Nadal averaged 173 km/h, with a high of 192 km/h.

"My back can be pretty unpredictable," said Nadal, who wore thick vertical strips of athletic tape under his shirt.

"I'm not lying. It's totally unpredictable. I don't want to speak too much about it."

OK, then.

Now he takes on No. 5 Ferrer, who eliminated No. 19 Kevin Anderson of South Africa 6-3, 6-3, 6-7 (5), 6-1.

Last year's French Open final is one of 21 losses for Ferrer in 27 matches against fellow Spaniard Nadal. But Ferrer won their most recent meeting in straight sets, on April 18 at the Monte Carlo Masters.

"Tactically, I will have to be perfect," Ferrer said.

THE ASSOCIATED PRESS

NHL

Habs not yet a perennial title contender: GM

Reaching the NHL Eastern Conference final was nice, but the Montreal Canadiens have a long way to go to make it a habit.

That was the message Monday from general manager Marc Bergevin as he met with the media to review the season less than a week after the club was eliminated by the New York Rangers in six games.

"I feel we're not a mature team," he said. "We're a good team."

"We're moving forward, but there are teams I see around the league that are more mature. For them, you could almost say every year they're a guaranteed playoff team. But we're not there yet." THE CANADIAN PRESS

NHL playoffs

Rangers tasked with penetrating Kings' fortress

Judging by gambling odds available and the Kings' recent playoff history, it would be foolish to call them underdogs.

Los Angeles is widely considered the best team in the 2014 cup final. And while New York has the series' best goaltender in Henrik Lundqvist, the Rangers will have their hands full.

Since catching fire down the stretch in 2011-12, the Kings have been playoff monsters, eliminated only by last year's champions, the Chicago Blackhawks. They became the first team in NHL history to win three Game 7s to reach the final.

THE CANADIAN PRESS

Bombers' new receiving corps creates optimism



Nick Moore joined the Blue Bombers receiving corps this off-season after signing as a free agent. TORSTAR NEWS SERVICE FILE

The Winnipeg Blue Bombers are working on rebuilding their depleted receiving corps this season, but veteran Clarence Denmark says the building blocks are all there.

"The whole corps this year is probably one of the best since I've been here," he said Monday after the second day of training camp.

Denmark is entering his fifth season with the Bombers and led the team's receivers with 900 yards in 2013 as Terrence Edwards missed several games due to injury and the

Quoted

"It's possible there'll be two of us up there in the 1,000-yard range this year."

Clarence Denmark on the Blue Bombers' receiving corps

previous season's leader, Chris Matthews, hardly played at all.

It was a tough season all around for the Bombers as a series of quarterbacks failed to get the offence going and they

finished last in the CFL at 3-15.

As the team looked to rebuild, the Bombers traded Canadian receiver Jade Etienne to Saskatchewan for quarterback Drew Willy and Kito Poblach to the B.C. Lions for defensive back Korey Banks. On the import side, Edwards retired and Matthews moved on to the NFL.

To help fill the gap, the team picked up some proven import talent in free agent Nick Moore from B.C. and have other promising players in camp like six-foot-six Mario Urruttia.

THE CANADIAN PRESS



See today's answers at metronews.ca/answers.
BY KELLY ANN BUCHANAN

Horoscopes

♈ Aries

March 21 - April 20

Focus on things that bring a smile to your face. The way you think about life will determine how enjoyable, or how difficult, it is going to be.

♉ Taurus

April 21 - May 21

Watch what you spend over the next 24 hours because if you go over the top you are sure to regret it. The planets warn you may not be as well off as you seem to believe. Watch out for hidden costs.

♊ Gemini

May 22 - June 21

Don't make too many plans today because most likely they will have to be changed. Just go with the flow and trust that the tide of events will wash you up some place that is to your liking.

♋ Cancer

June 22 - July 23

There is a danger you will believe the powers that be have got it in for you. Nothing could be further from the truth. Your only real enemy at is your overactive imagination!

♌ Leo

July 24 - Aug. 23

This is probably not a good time to commit yourself to a new project. Certain people cannot be trusted, no matter how upbeat they may be about what you are doing together.

♍ Virgo

Aug. 24 - Sept. 23

You have big ambitions and you have what it takes to reach the top. However, the planets warn if you act in haste you will repent at your leisure, so don't be too eager to follow your dream – it could turn into a nightmare.

♎ Libra

Sept. 24 - Oct. 23

Your confidence may be high but don't get carried away. There are things going on behind the scenes that suggest you could be in for a shock.

♏ Scorpio

Oct. 24 - Nov. 22

Don't lose your perspective and get angry about something that would not usually bother you. And don't worry too much if you lose out financially either – you'll more than make up for it later.

♐ Sagittarius

Nov. 23 - Dec. 21

Keep the momentum going today because if you slow down, your energy could tail off dramatically. Also, don't attach too much importance to a relationship problem. It's not as bad as it seems.

♑ Capricorn

Dec. 22 - Jan. 20

You will be required to take on more tasks and responsibilities and though it may seem as if you are being unfairly restricted, you will be repaid in full later.

♒ Aquarius

Jan. 21 - Feb. 19

Life seems more vibrant and exciting now and in a way that's strange as nothing much has actually changed. What is different is your attitude: You are determined to find silver linings everywhere.

♓ Pisces

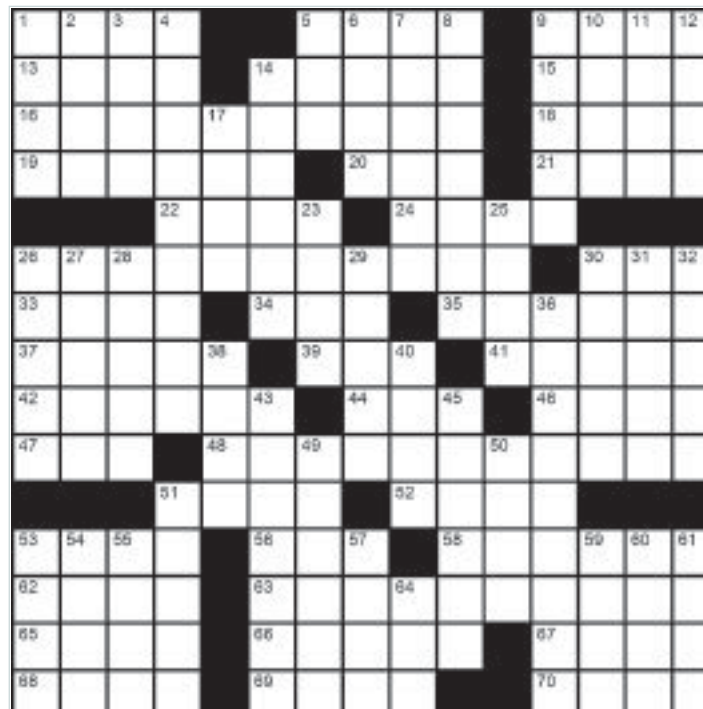
Feb. 20 - March 20

Your feelings will be rather intense over the next 24 hours. If you prefer to live more through your heart than your head that's quite all right. Nothing bad will come of it. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

- Vlad, e.g.
- Applaud
- Sprint
- "...tete, Alouette..."
- "... Vista Social Club" (1999)
- Adhere
- ... report (Autopsy results component)
- Happy
- Particular piano
- They, in Montreal
- Same: French
- ... and bobs
- Ingrid's celebrated role
- Canadian Tiger ... Butterfly
- 'Headache' in French, ... de tete
- ... land
- Damage
- ... pants (Comfy clothing)
- "So I sing ... of love, Julia." - The Beatles
- Margarine container
- Tunisia's capital
- 2-worded golf film
- As written
- Tip to 'tion' (Car's key spot)
- Nice summer?
- British explorer, b.1728 - d.1779, who navigated much of the world, including Canada: 2 wds.
- Soup vegetable



- Dagger
- Lima's land
- Buenos Aires' shortened location
- Texas city: 2 wds.
- Image
- Boeing 787 ... (New addition to Air Canada's fleet)
- Swanky

- Ancient Greek colony
- Coiffure goes
- Exclusive
- ... cell research
- Love letter's envelope letters

Down

- Dog docs

- Perched on
- Gladiator's 1061
- French for 'white bread': 2 wds.
- ...-de-sac
- Q. "What's Mr. DiCaprio's first name?"
- A. "Hmmm... .. believe."
- Latin name for

- 'England'
- Employee's cheque-getting record
- 1999 flick in which Alanis Morissette plays God
- Competent
- Crease
- Jekyll and ...

- Drake song: "Started from the ..."
- Put a 'roof' on a room
- 2003 Samuel L. Jackson/Farrell m.o.v.i.e.
- Shutter segment
- Writing tablet
- "How ...?" (Did you enjoy that movie?)
- Separate
- Have faith in
- Tropical fruit
- ... acid
- Type of vision correction surgery
- Corky and the ... (Canadian comedy/music act of the '90s)
- Icky substance
- Prejudice
- French star Vanessa, Johnny Depp's ex
- Movie theatre
- Chatty bird
- Beloved of fictional Mountie Dudley Do-Right
- Small quantity
- Photos
- Repeat
- Churn
- Kiss band member
- Bit of "Feeling Good": "It's ... dawn..."
- Ms. Ward
- Russian city
- Purpose

Yesterday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



Weather

TODAY



MAX: 24°
MIN: 12°

WEDNESDAY



MAX: 25°
MIN: 13°

THURSDAY



MAX: 21°
MIN: 13°



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Conditions apply. Ex: Winnipeg. All advertised prices include taxes & fees. Package prices are per person, based on double occupancy for total length of stay unless otherwise stated. Prices are for select departure dates and are accurate and subject to availability at advertising deadline, errors and omissions excepted, and subject to change. Taxes & fees include transportation related fees, GST/HST and fuel supplements and are approximate and subject to change.

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